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N! TICKETS **CAR SHOW**



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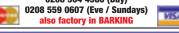
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Batter than

has been named as the best in Essex and the South East.

The Golden Fish at Fiddlers Junction, in Becontree Avenue, scooped the title of South East regional winner and Essex county winner in this year's Choice Chip

Owner Jason Aiken, who took over the chippy from his in-laws Jim and Yvonne Plows a couple of years ago, said: "I am absolutely delighted to win these two titles especially because it's the

entered the Choice Chip

Awards.
"We're proud to serve such a fantastic community and consider ourselves lucky to have such wonderful customers. We can't thank them enough for voting for us."

The awards are run by The Potato Council in national Chip Week (February 17-23).

Sarah Sarling, Deanna Shelton and Jason Aiken at The Golden

Picture by Martin Dalton



CARE HOMES P QUAL

By Paul Peterson

barking@yellowad.co.uk

THREE council-run care homes have been given a glowing report from inspectors.

The Gascoigne Road Care Home, Kallar Lodge and Millicent Preston House have been assessed during unannounced visits by the Care Quality Commission (CQC).

The inspectors said all three care homes were providing good quality services for residents and that the facilities met every single standard they were judged against.

Councillor Linda Reason, cabinet member for adult services, said: "I am so pleased that these independent inspection reports highlight the good work being done to provide these essential services to some of our most vulnerable older people.

"The judgement is a testament to

the quality of service provided in the homes and our commitment to improving the health and wellbeing of all our residents.

The Gascoigne Road Care Home, which was providing care for eight adults with learning disabilities at the time, was rated as providing 'safe and suitable' premises.

Inspectors said that staff at Kallar Lodge had a good rapport with the 37 elderly residents at the home while Millicent Preston House was judged to be clean and well maintained and noted for its additional living room and en-suite shower facilities

Cllr Reason added: "I'd like to praise the staff who work in all three homes for their continued hard work. It is the staff's passion and dedication to helping those they care for that makes such a positive contribution to improving quality of life."



CHEERS: Staff member Marie-Lise Thompson, care home resident Maureen Rooney and staff member Lesley Jones

Adoption team in search of suitable parents

PEOPLE across east London are being urged to attend an adoption open evening.

The adoption team at Waltham Forest Council is looking for people from a range of background to become adoptive parents whether or not they live in the borough.

Ninety four per cent of adoptions in Waltham Forest are approved including same sex couples, single parents and residents who rent rather than own their own

Councillor Clare Coghill, cabinet member for children and young people, said: "We want to dispel some of the myths around adoption and show people that a loving home can come in many forms. You don't have to live in Waltham Forest to adopt with us so we also want to hear from people living in surrounding boroughs.

Prospective adopters who attend one of the open evenings will get the chance to hear directly from children and parents

about their experiences of the adoption process.

The open evenings take place at Waltham Forest Council, Forest Road, Walthamstow, E17 4JL starting from 6.15pm on Wednesday, March 19 and on Thursday, May 8.

No booking is required and visitors should simply turn up at one of the open evenings. For more information visit www.walthamforest.gov.uk/adopt or call 020 8496 3000.

Becontree, Becontree Heath, Chadwell Heath, Creekmouth, Rush Green, Parsloes Park, Upney



scheme for youngsters



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Mallow Advertiser

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Competition

IN! TICKETS TO THE REN CLASSIC

ONE of the highlights of the Essex summer social calendar will be returning this May for the second year running and we are giving away 20 pairs of tickets to lucky readers.

The 2014 Warren Classic Car Show will take place at the Warren Golf & Country Club near Maldon on Saturday, May 10, and visitors can expect another entertaining day out for the whole family.

The Warren Classic takes place on a beautiful and historic 350-acre estate which will provide the perfect backdrop for some of the world's most stunning classic cars and supercars. The highlight of the show will be Warren Concours d'Elegance, where the finest



by an expert panel.

The Warren Classic is the perfect family day out and this year's event will see a jam-packed day of family entertainment. There will be a specially-created kids zone with plenty to keep them entertained, including a bouncy castle and slide, a tractor display, face painting and golf and football competitions.

There will be a jaw-drop-ping display from the worldclass aerobatic display team; The Blades. Visitors will see a fantastic, seeing-is-believing, sequence of more than 30 separate manageners right above their heads. There will also be a military display from Stow Marie's Aerodrome and an exhibition entitled The Museum of Power

Visitors will also be treated to musical entertainment throughout the day from The Essex Rock Choir and The Untitled Band.

For further information and tickets, which cost £8 when booked in advance, £10 on the day and are free for children aged 16 and



under, visit www.warrenclassic.co.uk

To win one of 20 pairs of tickets to the event just answer the following ques-

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telephone your answer - A, B or C - to 0901 307 1662 along with your name, address, telephone number and email.

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plus your standard network rates. If you do not wish to receive details on any other products or services, please text EXIT at the end of your message.

Lines close on Thursday, March 6, 2014. Entries received after the closing date will not be counted but may still be charged.

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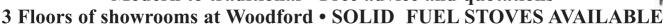
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LIFESAVERS: Members of the Super Paramedics team get ready for action

paramedics

A TEAM of super paramedics has been appointed by the London Ambulance Service.

The 12 advanced paramedics will receive additional training and will respond to the most serious one to two per cent of life-threatening incidents in the capital from May. The new team will particularly

treat patients who are suffering from cardiac arrest, continuous fits or people who are difficult to take to hospital. The super paramedics will also be able to administer more powerful drugs currently only given by doctors.

Mark Whitbread, director of

paramedic education and develop-

ment, said: "We are very keen to develop the paramedic profession, but there is a lot more we can do by developing our paramedics as really skilled clinicians. We believe that appointing advanced paramedics shows our determination to do better for patients and staff."

The advanced paramedics will have to undergo intensive training including a four day trauma course and an advanced paramedic science course at Hertfordshire University.

Clinical team leader, Chelsey Pike, has been chosen as one of the super paramedics.

She said: "I thought it was a new

and exciting opportunity and I'm all for developing my career. The service is pioneering in terms of training and drugs trials and I think this will keep us at the forefront. It's also a great promotional oppor-tunity that allows clinicians to remain largely clinical, rather than go into a managerial role.

The London Ambulance Service is planning to recruit another 24 super paramedics.

If you are a registered paramedic and would like more information about joining the London Ambulance Service call the recruitment team on 020 3069

> speedread

Roadworks

A MAJOR improvement scheme at Rainham Road South will get under way on Monday, March

The works, which are expected to last until June this year, will include the installation of a new junction and improved pedestrian crossings to make it easier to access the former Sanofi

There will be temporary traffic lights and a contraflow system in operation through out the works.

Community heroes

THREE community heroes are set to be honoured by Barking and Dagenham Council.

John Davis will be made an Honorary Alderman after serving for more than 40 years as a local councillor. Daniel O'Sullivan will be

awarded the Freedom of the Borough for his work at the Dagenham Amateur Boxing Club while Glenda Paddle will received the same title for her work as chair of governors at Furze
Infant School and Warren Junior School.

Arson reduction

THE number of arsons in London has fallen by nearly 90 per cent in the last 10 years.

Figures from the London Fire Brigade have revealed that there were 81 deliberate fires in London every week last year compared to average of 644 a week in 2003/4.

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NOW EVEN BETTER: Youngsters at the Gascoigne Youth and Community Centre in Barking

oints make (cool)

A FREE reward scheme to encourage young people to get out and about has been relaunched.

The Street Base Card - run by Barking and Dagenham Council - rewards youngsters for taking part in positive activities such as attending a youth club or enjoying a sport at a leisure centre.

The scheme, which was relaunched at the Gascoigne Youth and Community Centre in Barking last week, is similar to a Sainsbury Nectar Card or Tesco Clubcard with youngsters building points.

The points can be exchanged for prizes including art sets, mountain bikes and tablet computers

Phil Oldershaw, from the council, said: "We are really pleased to be relaunching the scheme, which is now also offering points if young people

see a show at The Broadway Theatre in Barking. We hope that the Street Base Card will encourage youngsters to do more activities after school."

The card is for youngsters from 11 to 19-years-old living or studying in the borough.

Everyone who registers with

the free scheme will be given 50 points as a welcome gift.

For more information about the StreetBase Card visit www.streetbase.info

Massive drop in London arson attacks

THE number of arsons in London has fallen by nearly 90 per cent in the past 10 years.

Figures from the London

Fire Brigade have revealed that there were 81 deliberate fires in London every week last year compared to average of 644 a week in 2003/4. The number of vehicle fires also dropped - to 2,000 last year compared to 9,300 in 2003/4.

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Man hurt after assault at train station

A TWENTY-one-year-old victim, from Ilford, suffered a chipped tooth and split lip after being attacked by a group of around four men at Angel underground station at around 12.15am on Saturday, January 25

Anyone with information should call British Transport

Police on 0800 40 50 40, or text 61016 quoting LUA/B7 of 25/02/14 or alternatively call Crimestoppers anonymously on 0800 555 111.











These men were captured on CCTV around the time of the attack

Man sprayed in face during attack

A MAN was sprayed in the face with a 'noxious substance' and pushed down a flight of stairs.

The 31-year-old victim, who comes from Woodford, was attacked after he got into an argument with a group of men

outside Debden tube station at around 9.15pm on Sunday, February 16.

The victim went to make his way up the stairs of the footbridge when a second man ran up to him, punched him in the head and then pushed him down the stairs.

Anyone with information should call police on 0800 40 50 40 or text 61016, quoting incident reference LUA/B6 of 20/02/14 or call Crimestoppers on 0800 555

Appeal after lockers broken into

TWO people broke into lockers at Loughton Leisure Centre.

The man pictured was caught on camera at the time of the break-in, which happened at the leisure centre in Traps Hill at around 3.30pm on Sunday February 9.

A customer raised the alarm after disturbing a man in the ladies changing room. He fled with a woman and staff chased

them along Trapps Hill to Borders Lane but they lost sight of them. Police were called and dis-

covered three lockers had been broken into causing £300 damage. One woman had her car keys and iPhone stolen and one woman had £15 cash taken from her purse. Information to 101 or call

Information to 101 or call Crimestoppers anonymously on 0800 555 111.





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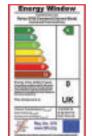
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Never too old to learn

OLDER people are getting to grips with new technology thanks to several innovative projects.

Residents at the George Mason Lodge, in Chelmsford Road, Leytonstone, are learning how to use Skype, Facebook and using technology to rediscover old memories and connect with their families. The project is just one of number of schemes run by Waltham Forest Council that were celebrated by more than 200 residents, carers and volunteers at the I Can in Waltham Forest event last Friday.

Councillor Angie Bean, cabinet member for adults, said: "It's amazing how a bit of imagination can transform lives especially older residents with dementia or memory loss. Something as simple as a docking station can help a someone with a hearing impairment communicate with their rela-

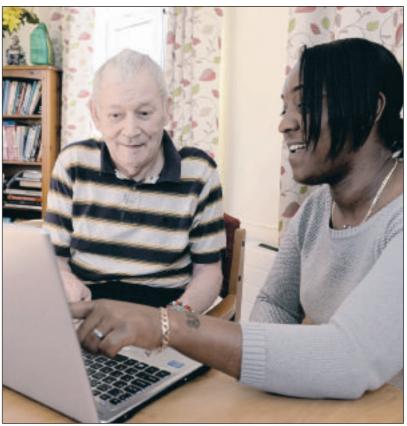
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The council is also using new technology at MarkHouse Road Day Centre to help adults with learning disabilities learn how to mix music so they can pursue their dream career as a DJ.

Cllr Bean added: "It is great to see how technology can also help people express themselves if they have a condition that makes it hard for them to communicate in more conventional ways."

Grace Chandler officially opened the I Can event via Skype from the comfort of her own armchair.

The 103-year-old, who lives at George Mason, became an internet sensation last year with 80,000 likes on Facebook and 1,000 retweets on Twitter after knitting lots of hats for a charity campaign.



SURF'S UP: Resident Derek Kersey, 78, and Iorisha King, care assistant at George Mason Lodge.

Picture by Martin Dalto



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A DISTRAUGHT family is desperate to trace

Walthamstow man.
Detectives in Waltham Forest are appealing help to find Stuart Mcculloch, 56, who has not been seen since leaving home at

around 12:30pm last Monday.
His family and police are becoming concerned for his welfare, police say.

Mr Mcculloch is white, 6ft tall, of a large build and light brown hair. He was last seen wearing a plain green shirt, cream trousers,

By Paul Peterson

waltham@yellowad.co.uk

black leather shoes and black, knee-length Parka-style rain coat. Police said the missing man has strong links to Hull and is a

frequent visitor to York.

Anyone who has seen him or who has any information about Mr Mcculloch's whereabouts should contact officers at Chingford Police Station on 101 or call the Missing People charity on 116 000



Fancy fries are a burning issue

POSH chips are being blamed for a 14 per cent increase in chip pan fires in London.

Latest figures from the London Fire Brigade reveal there were 370 chip pan fires across the capital in 2013 – the highest in five years – compared to 318 in 2012.

The brigade said the increase could be due



turn off the heat Get out, call 999

Chip tips...

pan at all times

you are frying

Don't move a

burning pan
Never put water

into a flaming chip

pan – you will create a huge fire ball

If safe to do so,

to a current trend for

Keep an eye on the

Avoid alcohol if

gourmet chips. Fire officer Dave Brown said: "Many people think chip pans are a thing of the past, but there's been a rise in celebrities like Heston Blumenthal endorsing posh chips on TV programmes. Chip pans and cooking with hot oil can be really dangerous and

the risk increases when you start frying several things at once.

"All it can take is for you to become distracted for a few seconds and your cooking oil can quickly go up in flames."

Figures from the London Fire Brigade show an overall 25 per cent reduction in fires over the past year, but the number of chip pan fires in the capital bucks the trend.

The statistics also revealed that there were 1,754 chip pan fires in London in the past five years. More than 500 people were injured and three people lost their lives.

The brigade urges switching to oven chips or deep-fried or visiting your local chippy instead.

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Council tax frozen agaın

FREEZING council tax for the sixth year running have been

given the go-ahead.

In Barking and
Dagenham, it will
remain at £1,016.40 for the average Band D property. The level was agreed by councillors last week.

Deputy council leader Rocky Gill, cabinet member for finance, said: "We are committed to ensuring that, whenever we can, residents don't suffer any council tax increase.

"This is particularly important when fuel, food and bills continue to rise, putting greater pressure on residents. This council tax freeze recognises households of all sizes and circumstances are being squeezed tighter and tighter by the economic climate."

Council officers will now work out what cutbacks are needed to meet the local authority's estimated £165million budget for 2014/15. But Mr Gill added:

"We will do our best to protect front-line services while accounting for every penny we spend." The council's fund-

from Government has been cut by £55m since 2010 and will be reduced by £11.2m in 2014/15 and a further £19.2m in 2015/16.

Rents will go up 1.9 per cent, equivalent to £1.69 a week, with a 13 per cent reduction of around £3.49 per week in service charges.

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Is it time to Neuter?

Once your pet is six months of age it is a good idea as part of a preventative health care scheme to get your pet neutered.

Why neuter your pet?

Neutering is mainly recommended for medical benefits and should not change your pets' character, but may help with certain undesirable traits such as aggression, dominant behaviour and the desire to

Your female pet's risk of mammary cancer is very low if she spayed before h e r first season and she will spared the risk of post season complications such as life threatening womb infections that can occur after any season.

The hassle involved with bitches when they are in season is also taken away, as well as the mess. Some bitches even need to be kept house bound due to the unwanted attention

from male dogs when out which can be frustrating for both dog and owner.

Male dogs become less interested in females in season once they themselves have been neutered. Castration

been neutered. Castration can also dramatically reduce the risk of certain types of cancer including testicular a n d

prostate cancer

And of course neutering is the best way to prevent any

unwanted pregnancies!

So what does having your pet neutered involve?

If your pet is female it is spayed removing both ovaries and the uterus. If your pet is

your pet is male it is castrated removing both testicles.

B o t h

procedures
require a
general
anaesthetic,
which carries a very small risk of
complications at a
young age. The
length of time the
operation takes
will depend on whether
your pet is a cat, dog or

rabbit, as well as what breed and size it is.

These procedures require a days' stay at the vets, your pet is admitted in the morning and discharged the same day. They may need to return to the vets for post-operative checks and for stitches to be removed, but recov-

ery usually takes just a few days to a week.





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Paid-for police make their 1,000th arrest

A TENANT-funded policing team has made its 1,000th arrest since its launch nearly two years ago.

The estate team, which works alongside housing officers from Barking and Dagenham Council, has made arrests for burglary, robbery, car crime and drug offences, since its launch in May 2012.

They even intervened in a kidnapping, arrested gang members behind a cannabis factory, resolved cases of antisocial behaviour in problem families and dealt with cases of on street prostitution.

Cllr Jeanne Alexander, cabi-

By Paul Peterson

waltham@yellowad.co.uk

net member for crime, justice and communities, said: "The estate team work has been vital. They have significantly reduced a number of issues on our estates and their presence is reducing the fear of crime and acting as a deterrent for potential criminals".

The estates team – which is funded by fifty-fifty by the Metropolitan Police and Barking and Dagenham Council's housing service – consists of two police sergeants and 20 police consta-

bles. The officers not only undertake day-to-day patrols around the housing council's estates but they also take part in joint patrols with the existing noise enforcement officers and the council's tenancy enforcement team.

Superintendent Mike Hamer said: "This team are dedicated to improving the quality of life for residents.

"They provide a high-quality service instrumental in securing court convictions and reducing crime and anti-social behaviour. The team is a shining example of what can be achieved in partnership."

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what's on

To have your event considered for publication, send the details AT LEAST 10 DAYS before the issue date to: What's On, Yellow Advertiser, Acorn House, Great Oaks, Basildon, SS14 1AH. You can e-mail us at letters@yellowad.co.uk PLEASE NOTE: We cannot guarantee that all entries will be included. will be included.

However, you can add the details of your event to our www.yellowad.co.uk

Saturday, March 1

Havering branch of East London Family History Society, holds meetings on the first Saturday of each month at Trinity Church, Gaynes Road, Upminster RM14 Church, Gaynes Hoad, Upminster HM14 2YS, doors 1pm, for 2pm start. Anne Carter, talk on 'The Great Exhibition 1851'Admission Free. Computer Group, same venue, 11am-1pm for Q's & A's session, followed by 'Finding Geneology on the Internet, by Peter Christian. Refreshments available.rd Embroiderers, meet on the 2nd Saturday of each month. Speakers and hands-on workshops on. Speakers and hands-on workshops on Speakers and hands-on workshops on embroidery and textile art, traditional and contemporary. Sales table for needle work bargains, library, competitions and outlings. Romford United Reform Church, Western Road, Romford, 1.45-4pm, first visit free. 01708 767145.

visit free, 01/02 of 7/45.

Table Top Sales – Saturdays at St Paul's Community Centre, Barley Lane, Goodmayes, IG3 8XE, books, clothes, dvds and much more, refreshments, free admission, 12noon-3pm, cost per table starts from £8, to book call 07/453
7/87/7/8. Placetactors of first corres first. 782726, allocated on a first come first served basis

 Havering Sailing Club (HSC) – Stubbers
Outdoor Pursuit Centre (on the B1421
Ockendon Road), every Saturday until end
of November, from 12noon, newcomers welcome to join us for taster sessions, no previous experience necessary, call June Hutson 01375 846153 or John Slocombe 01708 222658 to arrange a session.
■ Tennis - Small friendly Tennis Club in Ilford, we play throughout the year, (Sat afternoons, Sun mornings and three weekday afternoons), low fees, over 50s welcome, details Tom 020 8593 4365 or John 020 8592 1609.

Sunday, March 2

■ Music boys and girls from ages 8-25

practice, the first trial practice is free. Free instrument loan. Social events throughout the year. The Robert Beard Youth Centre, Hornchurch opposite St Andrews Church, 10-1pm. 07538 362675.

nontributari opposite st Antidews Chirdin, 10-1pm. 07538 362675.
■ Walks with Epping Forest H F Group, meet at 10.30am, Chingford Station, via Pole Hill and Yardley Hill, 5 mile walk, bring a packed lunch and a drink. 0208 5041329. www.effig.org.uk
■ West Essex Ramblers, 10.30, 11 mile ramble at the Green Man Pub in Wideford, Herts, Grid ref: 420160. The circular route includes a lunchtime pub stop at The Queen's Head Pub at Allan's Green.
■ Strides Badminton Club - Wanstead Leisure Centre, Rebbridge Lane West, Sundays 3.30pm, new members

Letistre Cettire, redording Lafte West, Sundays 3.30pm, new members welcome, aged 18 years and over, all levels, beginners, average and advanced players, details Mark 020 8598 8435 (before 9.30pm).

Monday, March 3

Meeting - Hornchurch Photographic Society, Ardleigh House, Ardleigh Green Road, Hornchurch, every Monday (except Bank Hols) 7.45-10pm, beginners/experienced photographers welcome. 01708 472301.

Arts and Crafts - Unity Hall, Bramley Close, (off Oakfield Road), Walthamstow, friendly group for adults, every Monday afternoon. 020 8527 1454.

Short Mat Bowls - Warren Heath Short Mat Bowls Club, Warren Junior School, Gordon Road, Chadwell Heath, Mondays and Fridays 7pm, further details Tony or

Gordon Road, Chadwell Heath, Mondays and Fridays 7pm, further details Tony or Heather 01708 340874.
■ Music Circle - Music Listening Appreciation Group, Rectory Library, Rectory Road, Dagenham, every Monday 7pm (except Bank Holidays), admission free. 202 8592 8821.
■ Friendship Club - Plume of Feathers Pub, Church Hill, Loughton, for singles 50 plus, Mondays 7.30pm, further details 07986 472527.
■ Meeting - Wingles upattached over 30's

■ Meeting - Mingles unattached over 30's Club, The Lodge, 67 Corbets Tey Road, Upminster, every Monday 8,45pm midnight, smart casual dress (no denim), ID required. 07860 578708.

Tuesday, March 4

■ Family History Talks on Polish immigranst to Waltham Forest. Spruce Hill Baptist Church Hall, Brookscroft Road, Walthamstow, 8-9pm. Further details Mark 0208 5304755.

■ New affinity Friendship Club & Social Club. Days out, weekends away, theatre/cinema loads more activities 07731 969819. www.newaffinity.org.uk

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Indoor Bowls Club, Hornchurch, 8.15pm,
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Moray way, Hise Park, Romford, £3 es includes tea/coffee and biscuits (bring own cup/mug), playing short mat bow snooker, table tennis, darts, rummikud and scrabble, 8-10pm, new members welcome, further details Pete 01708 728448

728448.

Blind or Partially Sighted? - Come and meet us at Yew Tree Resource Centre, 20 Yew Tree Gardens, Romford, every Tuesday 12.30-4pm, details 01708 724067 or 07939 603437.

Stroke Club - Parkside Stroke Club, Parkside Community Centre, Goodmayes Lane, every Tuesday 1.30-4pm. 020 8595 3973.

Wednesday, March 5

■ Yoga/Pilates Inspired Fitness- HASWA

■ Yoga/Pilates Inspired Fitness- HASWA Kilmartin Way, Elm Park 7:30pm 07821 969405/01708 556490. ■ Romford & Brentwood Folk Dancing Group meets every Wednesday during tern time at the Chadwick Hall, St Michael's Church, Gidea Park from 8.00pm fo 10.00pm. Details 01708 345691. £2 including refreshments ■ Time-4-U - The Royals Youth Centre, The Broadway (Tesco underpass), Rainham, 'drop-in' facility Wednesdays 7.30-9pm, advice and support to families, friends, siblings and youngsters who have to care for an Alcohol/Drug Abuser, no need to book, confidentiality assured,

to care for all Auconomorphy Abuser, in oneed to book, confidentiality assured, qualified counsellors. 07765 273440.

Hard of Hearing? - Come and meet us at Yew Tree Resource Centre, 20 Yew Tree Gardens, Romford, Wednesdays 12.30pm onwards, details 01708 724067

12.30pH offiwates, details 01706 724007 or 07939 603437.

■ Meeting - Talking Hands, a friendly Club for the Deaf and Hard of Hearing, Wednesdays 10.45am-2.45pm, York Room, Ilford Library.
■ Table Tennis, Forest Community, Guildford Road, Walthamstow, every

Wednesday 8pm, new members welcome, details Ray Massey 020 8524 Fun and educational parent and toddler

music sessions - The Parish Centre, St George's Church, Harold Hill, Wednesday mornings, aimed at ages 1-3, call Kerrie 07940 557469.

Thursday, March 6

■ West Essex Ramblers, 10am & 1.30pm, Enjoy 1 or both walks starting from The Leather Bottle Pub, Blackmore Village Centre, Grid Ref: 604019. The morning

Leatner Bottle PUD, Blackmore Village Centre, Grid Ref: 604019. The morning route is 5 miles and 4 miles in the afternoon. Pubs and tea rooms are available for lunch.

Rock 'n' Roll Dance Night, every Thursday, Chingford Rugby Club, Waltham Way, E4 80A, 7.30-11pm, 25 entrance, call Male 07860 664493.

Need a chat and a cuppa with a friendly face? We have a weekly 'Drop In' which is a group of friendly people like yourselves who just want an afternoon of company. We are at St Andrew's Church E17 Church Road E17 6AR, every Thursday at 2-4pm and we'd be very please to see you. The W15 bus stops right outside and the 158 bus is a short walk away.

Circle Dancing to World Music - Quaker Meeting House, 1a Jewel Road, Walthamstow, 2-4pm, 24 including refreshments, beginners welcome, no

refreshments, beginners welcome, no partner needed, further details Pat 020 8556 3508.

Friday, March 7

■ Widows and Widowers Social Support Group - YMCA, Romford, every Friday 7.30pm, further details Bernard 01708 450572 Sue 01708 440255.

450572 Sue 01708 440255.

Friendly Club - Pensioners Club at United Services Club, Blake Avenue, Barking, Fridays 12.30pm-3pm, all pensioners velcome. 020 8517 6256.

Flower Arranging for beginners - South Hornchurch Community Centre, Nelson Road, Rainham, every Friday 11.30am-1.30pm, 5 per session, free tea and biscuits plus raffle, further details Sandra 01708 554385.

Meeting - Redbridge 18 Plus, York

01/08 554385.

Meeting - Redbridge 18 Plus, York Room, Ilford Central Library, Clements Road, Ilford, Fridays for 18 to 36 year olds, sports and social club.

Golden Yoga Classes - Collier Row Community Centre, Fridays 9.30-11.30am, 5 per session, call 01708 768308.

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766308. ■ Yoga - Upminster area, mornings, further details Donna 01708 747491 or 07795 056095

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motoring news **BEATLEMANIA: The Bentley** owned by Beatles manager Brain Epstein is up for sale owned

By Mike Torpey

THE Bentley S3 once owned by Beatles manager Brian Epstein could sell for £70,000 at auction next month.

The car, first registered 50 years ago on February 18, 1964, was Epstein's first brand-new Bentley and still bears the original AJB 400B registration number.

It is estimated that Epstein, known as 'Mr 25 Per Cent' due to his cut of The Beatles' gross income, earned £75 million in today's money and spent some of it on buying this car to replace his second-hand Bentley S1

He ordered it in late 1963, with some assistance from the Beatles' press officer Derek Taylor. The car was then collected from the dealer by Taylor and Lonnie

Trimble, Epstein's valet/chauffeur, as he was in the USA with the group.

On February 22, 1964, The Beatles and Brian returned to the UK after appearing on the Ed Sullivan show and Taylor and Trimble were at Heathrow airport to collect Epstein in the new Bentley. Interviewed by Pathe News and asked "The four of you are going to be millionaires. Have you got time to

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actually spend this money?" the Beatles replied in unison: "What money?" And in response to: "Doesn't he [Brian Epstein] give any to you?" George Harrison retorted: "No, Have you seen that car of his?'

Two years later Epstein sold the car to a company called Sidney J. Dicks Ltd, while subsequent owners include a London solicitor and Norman Boyack, a theatrical agent.

In the same ownership for more than 25 years, the S3 comes with a thick history file, detailing a bare metal re-spray as well as piston ring replacement and engine overhaul. The file also has copies of the original history sheet and chassis listing, DVLA and previous-owner correspondence, copies of press cuttings, a copy of the owner's manual plus some expired MoTs and tax discs.

The car is currently taxed and MoT'd, and includes a tool kit with jack and spare wheel, though the original radio has been converted to one that receives the FM signal.

Chris Routledge, of auctioneers Coys, who will be selling the car at their Spring Classics auction in London on March 11, estimates it will fetch between £40,000 and £70,000. Call Coys on 020 8614 7888.

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Public Notices

Notice of Application for the Variation of a Premises Licence under Section 34 of the Licensing Act 2003 NOTICE IS HEREBY GIVEN that Mrs Andrea and Miss Amy Canham have applied to London Borough of Walthan Forest for the variation of a Premises Licence at 122-124 Station Road, Chingford, London E4 6AB

Station Road, Chingford, London E4 6AB
The application seeks to vary the premise licence to authorise live and recorded music within the proposed operating hours and extend the hours for the supply of alcohol on a Friday and Saturday by 1 hour until 02:00. The application also proposes to remove existing conditions. The Licensing Register listing full details of the application is kept by the Licensing Service, Sycamore House, Walthamstow Town Hall, Forest Road, Walthamstow, E17 4SU. The application may be viewed Monday to Friday between the hours of 9am-5pm (except Bank Holidays). Any person wishing to make representation in respect of the

Any person wishing to make representation in respect of the above activities may do so in writing to The Licensing Service, Sycamore House, Waltham Forest Town Hall, Forest Road, London E17 4SU.

It is an offence to knowingly or recklessly to make a false statement in connection with this application. The maximum fine on summary conviction being £5,000.

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Representations must be received no later than 20th March 2014.

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Clearun Waste Management Limited of 80 River Road, Barking, Essex IG11 0DS is applying to change an existing licence as follows to keep an extra 2 goods vehicles and 0 trailers at the operating centre, 80 River Road, Barking, Essex IĜ11 0DS.

Owners or occupiers of land (including buildings) near the operating centre who believe that their use or enjoyment of that land would be affected, should make written representations to the Traffic Commissioner at Hillcrest House, 386 Harehills Lane, Leeds, LS9 6NF, stating their reasons, within 21 days of this notice. Representors must at the same time send a copy of their representations to the applicant at the address given at the top of this notice.

A Guide to Making Representations is available from the Traffic Commissioner's office.

TOWN & COUNTRY PLANNING (GENERAL DEVELOPMENT PROCEDURE) ORDER 1995 NOTICE UNDÉR ARTICLE 8

Public Notices

The following developments affect the character or appearance of the relevant conservation area: 0420/14 Applicant: Mr. M McKee Address: 53, Herongate Road, Wanstead,

E12 5EH Description: Demolish existing rear extension. Single storey rear extension. Aldersbrook Conservation Area

0152/14 Applicant: Mr. M Ahmed Address: Development Site Adjacent 4, Forterie Gardens, Seven Kings **Description:** Demolish existing double and single garages. New three bedroom bungalow dwelling (summary). Mayfield Conservation Area

0271/14 Applicant: Mr. M Faraz **Address:** 40, Parkway, Seven Kings, IG3 9HU **Description:** Demolish existing rear extension. First floor side extension, single storey side and rear extension. **Mayfield Conservation**

Area

0382/14 Applicant: Mr. H Sapal Address: 38, Brownlea Gardens, Seven Kings, IG3 9NL Description: Replacement of paved front garden, new boundary wall and front porch (summary) Mayfield Conservation Area
0224/14 Applicant: Mr. R Kundra Address: 38, The Drive, South Woodford, E18 2BL Description: Rear outbuilding (Retrospective). Snaresbrook

Conservation Area
0225/14 Applicant: Mr. R Kundra Address: 38, The Drive, South Woodford, E18 2BL Description: New boundary wall. New front garden

layout including block paving. Snaresbrook Conservation Area 0241/14 Applicant: Mr & Mrs Malik Address: 21, Grove Park, Wanstead London, E11 2DN Description: Demolish existing garage. Single storey side/rear extension. Wanstead Grove Conservation Area

0295/14 Applicant: Mr. M Cutter **Address:** 9, Grosvenor Road, Wanstead London, E11 2EW **Description:** Two storey side extension to form 1 x 4 bedroom house. (Summary) Wanstead Grove Conservation Area 3471/13 Applicant: Mr. T H A Kassam Address: 40, Monkhams Drive, Woodford Green, IG8 0LE Description: Demolish existing rear extension

and chimneys. Single storey rear extension with raised patio, balustrade and steps down to garden. (Summary) Woodford Broadway Conservation

Area 0105/14 Applicant: Mr. S MacDonald Address: 67, Monkhams Avenue, Woodford Green, IG8 0EX Description: Demolish existing single storey rear extension. Two storey rear and single storey rear extension. Woodford **Broadway Conservation Area**

0040/14 Applicant: Ms. C McGrath Address: 7, Friars Gate Close, Woodford Green, IG8 0SG Description: Repairs to boundary wall with brick buttress. Woodford Green Conservation Area

0301/14 Applicant: Mr. S Demeteriou Address: 25, Broomhill Road, Woodford Green, IG8 9HA Description: Demolish existing rear extension/conservatory. Single storey rear/side extension and new raised patio with steps down to garden. Alterations to fenestration. Woodford Green Conservation Area

0264/14 Applicant: Dr. T Bansil Address: 38, High Road, South Woodford, E18 2QL **Description:** Alteration to internal stud partitions and Change of Use from Office (B1) to Dental Practice (D1). (Summary). Listed Building Consent sought under Planning Application 0595/14.

0595/14 Applicant: Dr. T Bansil Address: 38, High Road, South Woodford, E18 2QL Description: Alteration to internal stud partitions and Change of Use from Office (B1) to Dental Practice (D1). (Summary)

Applications can be inspected at the Council's First Stop Shop on the ground floor of Lynton House, 255-259 High Road, Ilford, Essex IG1 1NN until 21 days from the date of this notice between the hours of 8.30am and 4.30pm

Mondays to Fridays and 9.30am to 4.30pm Wednesdays. If you require information contact the planning Services on 020 8708 2053. Representations should be made in writing to Planning Service s within 21 days of the date of this notice. Fiona Dunning – Head of Development Management. Date: 27th February 2014. **DM No. 8011966**

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4SU. Specifying the grounds of their representation in relation to one or more of the licensing objectives. The prevention of crime and disorder, The promotion of public safety, The prevention of public nuisance and The protection of children from borns.

public safety, The prevention of public nuisance and The protection of children from harm.
WITHIN TWENTY EIGHT DAYS FROM THE DATE OF THIS NOTICE
LAST DATE FOR REPRESENTATION 19th MARCH 2014
It is an offence to make a false statement in connection with an application and a person guilty of an offence is liable on summary conviction to a fine not exceeding level five on the standard scale.
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6358 Box No: 381725 EMMIE 28yr old lonely single mum all out of love, looking for good company with male who can tame a confident beautiful sensual lady. Any

TINA fit single tall slim blonde female 27, loyal, sincere, looking for friendship hopeful-ly leading to LTR. Single dads welcome. Tel No: 0906 500

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ELIZABETH 33, curvy attractive blonde, likes walking, socialising, meals out, entertaining, WLTM well educated nice male 50-60's for nice times. Tel No: 0906 500 6358 Box No: 403937

MY name is Susie a happy outgoing, sociable student who loves life, looking for a likeminded male for fun times together. Tel No: 0906 500 6358 Box No: 403923

AMANDA loving curvy female with a really big heart and lots of love to give, WLTM romantic caring man who would love me back. Pls call. Tel No: 0906 500 6358 Box No: 404029

ATTRACTIVE sensitive female looking for genuine relationship with manly male who will look after me on both an emotional and physical level. Tel No: 0906 500 6358 FLEUR adventurous sponta-neous female who loves to live life to the full seeks simi-

HI I am Anne, blonde, curvy and attractive, I like meals out, cinema, cooking and WLTM a male with similar interests to spend quality time and enjoy drives out etc. Tel No: 0906 500 6358 Box No:

sensitive

SUSAN dark haired fit green eyed bonnie female with great figure, likes walking, writing, meeting new people, interested in Itr with nice male companion. Tel No: 0906 500 6358 Box No: 407011

LOVELY tall slim nurse, very caring and fun but missing that va-va-voom! Seeks adventurous male who's up for fun times. Tel No: 0906 500 6358 Box No: 374159

JACKIE 38 looking for that special genuine guy also looking for love and to fill that lonely gap in their life, any area. ACA. Tel No: 0906 500 6358 Box No: 407013

CONFIDENT female, intelligent, cultured, attractive, very solvent, looking for happy gent who will let me look after him. Looks unimportant. Tel No: 0906 500 6358 Box No:

SLIM attractive fabulous and 40, loyal loving and extremely lonely, seeking man with a bit of get up and go! Status/nationality tant. Tel No: 0906 500 6358

DEBBIE attractive young looking divorced female, seeking male who wants but does not need a special someone in their life, single

SARA 29, beautiful slim brunette, dark eyes, WLTM tall honest male for exciting nights out and cosy nights in. Looks unimportant. Tel No: 0906 500 6358 Box No:

BELINDA 39yr old divorced lonely female with GSOH looking for friendship hopefully leading to more with honest caring male, status, looks and again male, status, looks

lady who loves to have fun and enjoy life, seeking similar passionate guy to let my hair down and have some serious fun with. Tel No: 0906 500

looks. Tel No: 0906 500 6358 Box No: 381363

6358 Box No: 388107

lar open-minded guy for fun times and hopefully much more. Tel No: 0906 500 6358 Box No: 403933

JAN 35yr old blue eyed blonde, outgoing, friendly, WLTM passionate guy to share good wine, good con-versation, flirting and fun times. Tel No: 0906 500 6358 Box No: 368383

NINA black beauty, classy 21, loves to have lots of fun, seeks older man who is willing to come up with a few new ideas for adult fun times. Tel No: 0906 500 6358 Box No: 381361

KEELY blonde 18yr old, blue eyes size 10, busty, stays at home too much and looking for causal fun with older male with OHAC. Tel No: 0906 500 6358 Box No: 385377

32YR old female looking for no strings dominant adult fun with submissive naughty male, any age, status, looks or race. Call me now! Tel No: 0906 500 6358 Box No: 405207

CAROL 39vrs attractive slim cardol: 39yrs attractive slimbrunette just looking for genuine caring man for romance, meals in and maybe more. Any age. Tel No: 0906 500 6358 Box No: 375575

SHARON 33, slim blonde blue eyes outgoing, attractive, looking to put some much needed fun back into life, seeks male 30-45yrs. ACA. Tel No: 0906 500 6358 Box No: 383047

KAREN 32 dark haired professional female who works far too much looking to share lonely nights and adult times with nice male. Tel No: 0906 500 6358 Box No: 405217

LYNN 37 single mum, petite LYNN 3/ single mum, petite slim and very pretty, seeking caring funny guy to be with and become my Mr Wonderful. Dads welcome. Tel No: 0906 500 6358 Box No: 386633

BARBRA stylish feminine BARBRA stylish teminine professional, many interests, social, good natured, looking for trustworthy male for good company and romance. Tel company and romance. Tel No: 0906 500 6358 Box No: 375151

ATTRACTIVE slim lady striking green eyes, long blonde hair, likes animals, nights in/out, WLTM experienced male for fun friendship/relationship. Tel No: 0906 500 6358 Box No: 371573

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UTS

Leyton Orient 2 Swindon Town 0 Sky Bet League One By Rowland Lyons at the Matchroom Stadium

LEYTON ORIENT reclaimed top spot after Lloyd James's brace of penalties saw them home to backto-back wins over the lacklustre Robins last Saturday.

Having beat bottom club, Steve nage by the same scoreline in mid-week, the O's were looking to kick on with their closest rivals battling it out at Griffin Park. Thanks to Brentford slipping up against Wolves, the O's leapfrogged the Bees - although second place Wolves have two games in hand.

But the east Londoners had to be patient before James finally fired home on the stroke of half-time.

Against a side with play-off aspirations, the O's endured a frustrating first 42 minutes with Chris Dagnall and Moses Odubajo com-ing closest – but both lacked that killer touch in front of goal.

Dagnall stretched, but couldn't make decent contact to David Mooney's 20th minute cross – and despite beating Wes Foderingham, the ball rebounded back off the far

Then, Odubajo – no stranger to the scoresheet this term – blazed wide on 37 minutes from close range,

after Dagnall had won possession
Orient – however – edged ahead
on the stroke of half-time when Odubajo got on marker, Jamie Reckord's blindside and won a penalty from the clumsiest of challenges. James then showed his wasteful col-leagues the way with a confident penalty kick that sent Tyrell Belford the wrong way to send a relieved home crowd wild.

The O's were never going to sur-render their lead after the break, but were soon helped by another needless penalty award when Troy Archibald-Henville floored Mooney with a challenge that wouldn't have looked out of place in rugby's Six Nations. And, again James was on target from the spot, driving the ball into the centre of the goal, with Belford again going the wrong way.

Orient then underlined their superiority by twice having the ball in the net, only for marginal decisions to deny Mooney and Dagnall from

turning the scoreline into a rout. Boss, Russell Slade, said: "The important thing was to get the win and it was all about us getting the performance and wanting it a little bit more than the opposition. I thought we were well worth the

three points.
"The good thing was we were creating chances all afternoon. Without the ball we were excellent. But, we had that difficult period [at the start of the month] and we have come through. We've now made it two back-to-back wins - which is really encouraging.'

Despite the O's reclaiming top spot, Slade warned: "What we must do now is to concentrate on each and every performance. Before today there were 42 points to play for, now it's 39 and we've got to fight for every single one of them if we are going to get where we want to be.'

Matchwinner, James, admitted: "You have to be confident to step up and take a penalty - lucky enough I scored two today. As a team we were solid with and without the ball as Swindon are a very good footballing side. Back-to-

back wins and the point at Preston after three defeats is 'massive' and it's a great seven points we've got."
Town boss and former Orient

midfielder, Mark Cooper, added: "I didn't think there was too much danger in the first-half and it was a ridiculous tackle that gives them a penalty just before half-time – which obviously gives them the ascendancy. For the first 20 minutes of the second-half we weren't very good and when it goes down to 2-0 we start to play a little bit – but you can't make two challenges like we did – and give two penalties away - and expect to win games."

Orient entertain Colchester United this Saturday (kick-off 3pm).

LEYTON ORIENT: Eldin Jakupovic - Scott Cuthbert, Mathieu Baudry, Nathan Clarke (captain), Eliot Omozusi - Moses Odubajo, Dean Cox, Lloyd James, Romain Vincelot, Dean Cox - Chris Dagnall (Shaun Batt 76), David Mooney (Kevin Lisbie 84). Subs (not used): Jake Larkins (gk), Robbie Simpson, Gary Sawyer, Marvin Bartley, Jamie Ness.
SWINDON TOWN: Tyrell Befford - Nathan SWINDON TOWN: lyrell Beltord – Nathan Byrne, Darren Ward (aaptain), Troy Archibald-Henville, Jamie Reckord – Ryan Harley, Massimo Luongo, Yaser Kasim - Jacob Murphy (George Barker 55), Michael Smith, Ben Gladwin (Tijane Reis 54). Subs (not used): Jack Barthram, Danny N'Guessan, Raphael Branco, Alex Smith.

Football

Tough weekend for Skrill clubs

Non-League round up by Brian Jeeves

was a weekend of disappointment for the regions Skrill Conference South clubs with both Chelmsford City and Concord Rangers crashing to home defeats.

City were beaten 3-0 at Melbourne Stadium by Maidenhead United. The visitors took control, scoring twice in the opening 15 minutes through Solomon and Grant.

Despite a spirited second half from the Clarets, a last minute strike from Constant wrapped up a comprehensive victory for the visitors. And it was two first half goals from Bishops Stortford that undid Concord Rangers at the Aspect Arena. Francis and an own goal from Goodacre compounded the Beach Boys' misery.

In the Ryman Premier Division, Canvey Island were the big winners, crushing local rivals Grays Athletic by four goals to one.

George Purcell snatched an early goal for AFC Hornchurch at Bognor Regis Town. However, the home side levelled midway through the second half through Oliver Pearce to grab a share of the spoils, while East Thurrock United were well beaten, 3-0 at in-form Dulwich Hamlet.

There wasn't much joy for our clubs in the Ryman North. Tilbury went down 1-0 at AFC Sudbury while Brentwood Town scored through Alex Akrofi but visitors Needham Market won 3-

Heybridge Swifts were involved in an entertaining affair at Erith & Belvedere, but eventually went down 3-2, and it was the same score line at Soham Town Rangers where a last minute goal sunk Burnham Ramblers who netted through Mark Sission and Billy Hunt.

Maldon & Tiptree drew 2-2 with Barkingside, Bobbie Port and Charlie Liddiard finding the net for â€~Side. Redbridge drew 1-1 with Cheshunt and there were no goals in the game between Witham Town and Romford. There was better news for Thurrock, who beat Wroxham 2-1 at Ship Lane, and Aveley, won triumphed by the same score at Waltham Forest.

Local fans finally had some Essex Senior League action to chew the fat over. Great Wakering Rovers returned to the top of the table after a hard fort derby win over Southend Manor. A penalty from Aaron Baldwin along with a Antonio Mehmeti strike put Rovers in command, but Manor hit back in the second period through Charlie Little to ensure a grandstand finish at Burroughs Park.

Clapton's supporters are still scratching their heads in disbelief over the bizarre sacking of coach Neil Day. But the Tons continued to upset the league's in-form teams by taking a point off highflying Enfield 1893 at the Old Spotted Dog. In fact, it could have been even better for Clapton had Junior's stoppage time spot kick not cancelled

out Sam Omojola's early opener.

A hat trick from Nyanga helped London APSA to an entertaining 4-2 win at Barking, while in form Tower Hamlets were held 1-1 at FC Romania.

Sawbridgeworth Town won 2-0 at Ilford, and Eton Manor clinched a tight encounter at Take-

There were hard earned draws for Basildon United and Bowers & Pitsea. The Bees game at Sporting Bengal United ended 2-2. Angelo Ogunseye grabbed both Basildon goals while Sporting Bengal finished the game with nine-men follow-

ing two red cards. George Smith found the net for Bowers, whose visit to Stansted finished 1-1.

A few more games managed to beat the weather in the Essex Olympian League. Pick of the action was in Senior Division Two where a brace each from Jack Main and Tom Wright helped Basildon Town to a 4-3 success at Toby

olleges under 19s rankie chosen for

Football

A STUDENT will represent his country for the England Colleges under-19s team

Frankie Holland, 16, from Hornchurch, was chosen to play for England after being encouraged to try out for the team by his tutors at Barking & Dagenham College.

The teenage midfielder has now flown out to Italy where he will play against teams from Italy, Malta, and San Marino in a international tournament on his 17th

He said: "Going through the trials was

tough because there was a lot of competition for positions on the team, but I've been really well supported by my college tutors, family and friends. To put on the England shirt for the first time felt really good." Frankie has enjoyed football since the

age of eight and has played for teams including Millwall FC and Leyton Orient FC before joining Barking and Dagenham

He is currently studying sport at the college in Dagenham Road, Romford, through its football academy, which is run in part-nership with Dagenham and Redbridge FC.



Student Frankie Holland ahead of his trip to Italy to play for the England Colleges team

Woodford boys tackle the wind to get better of Cheshunt

Under 15s Woodford 29 Cheshunt 14 ON a windy Sunday morning Woodford took on Cheshunt team from the Herts/Middlesex league; the game played on a surprisingly good surface at Woodford's Roding Lane pitch.

From the kick off the wind showed it was going to be issue as the kick off drifted into touch

From the scrum restart Woodford showed their intent with a powerful and sold drive from the front five of Mick Chamberlain, William Tindall, Callum Levy, Max Venditti and Euan Fay. Woodford took the initiative and moved the ball quickly down the back line brushing aside the opposition.

Further Woodford pressure led to the opening try as a cross field kick by Alex Marks was cleanly collected by Michael Batt on the wing. With still some work to do Batt burst through the defence to cross over the try line. The conditions were always likely to prove difficult for kicking and the conversion drifted beyond the posts

The Woodford scrum was in form and dominated an opposition that had some big units but were under the cosh. Tindall continued his good hooking form securing clean ball for Woodford.

A number of promising positions were compromised as Woodford came up offside too often. The penalty count increased against the home team and Woodford had to adjust their approach.

The strong wind made handling difficult as Woodford were too ambitious and produced too many errors. Scrum half Tom Mead kept a steady stream of ball to the backs but the continued pressure by Woodford in the rucking and mauling could not be translated into points

A switch to the wing by Will Carey nearly paid dividends but solid tackling by Cheshunt contained the threat. On the other wing AJ Hamilton had made a number of strong runs and he was rewarded by a move that saw him cross the line for the second try, which was converted by Marks,

Woodford continued to dominate and the play rarely moved out of the Cheshunt 22. However, for all the possession Woodford were not clinical enough in the final move and opportunities

were missed to add to the score.

Woodford continued to press and the rewards came with Will Curness finishing of an interchange of passes between himself and Dan Farrelly that moved the ball swiftly and aggressively to cross the line on the right wing. Marks converted, 19 - 0.

With a large squad available for selection Woodford made wholesale changes for the second half. Their dominance continued with the

new look team working well together. .
As the half progressed Cheshunt began to gain in confidence and the home team began to tire. However, this brought out the solid defensive skills of Woodford, tackles by Andrew Whiting, Sean Moore, Batt and Bailey Francis saw them

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